



- ◆ Why cease?
  - ◆ Because it's the secret of every lasting friendship—you remove the \_\_\_\_\_ so that you can focus on the relationship.
  - ◆ Exodus 31:17—"The Sabbath is a sign between Me and you forever—the sign of our forever \_\_\_\_\_."
- In the Bible God calls the Sabbath "\_\_\_\_\_" (Isaiah 58:13)—today he would surely call it "\_\_\_\_\_".
- ◆ "Six days I give to you to do your work and grow your networks and utilize your technologies and expand your connectivities—but the seventh day is the \_\_\_\_\_ Sabbath day of the Lord your God."
  - ◆ "And in the MySpace of My Sabbaths, you shalt unplug your \_\_\_\_\_ that you might plug into your \_\_\_\_\_."
    - "Be \_\_\_\_\_ and know that I am God"—Psalm 46:10.
    - *Desire of Ages*: "When every other voice is hushed, and in quietness we wait before Him, the silence of the soul [read, with the gadgets turned off] makes more distinct the voice of God." (363)
  - ◆ A counterintuitive teaching for our hi-techy minds: In order to be \_\_\_\_\_ in ("refreshed and recharged"), we must first become \_\_\_\_\_ ("cease and desist"). (Exodus 31:17)

## *The Gladdest Day of All*

Day, way, all, "Refreshed", breath, breathing, alive, back, re-charged, power, energy, refreshment, refreshment, Rested, cease, ceased, work, distractions, friendship, MyDay, MySpace, MySpace, gadgets, God, still, plugged, unplugged